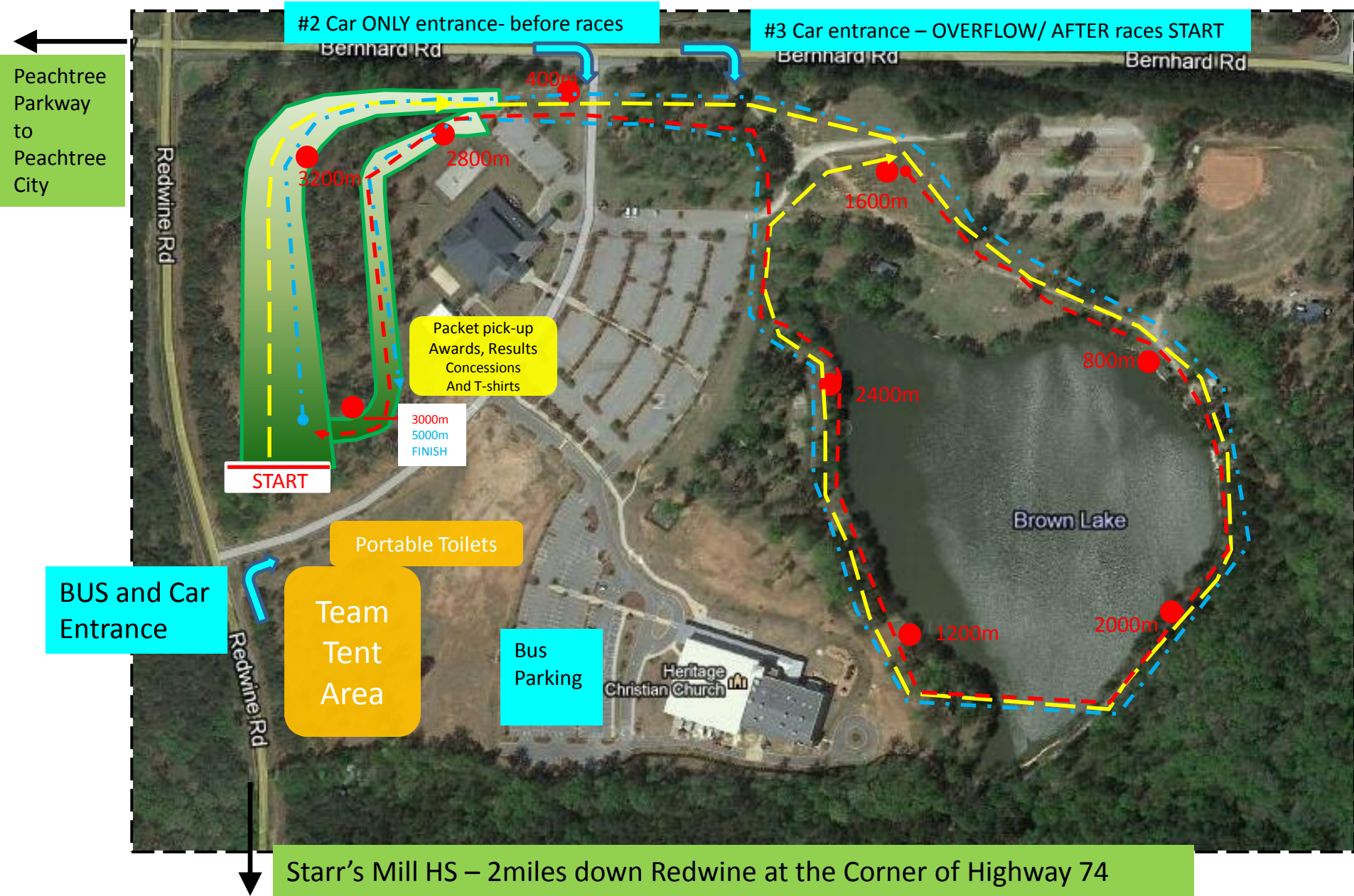


5000m Course:

From the start, head towards the lake (yellow line), then a full lap around lake (yellow line), continue on loop back to start (red line), then 2nd full 2000m loop back to finish (Blue)

Note: 1 full loop is 2000m, 1 smaller loop around the lake is 1000m



Starr's Mill HS – 2miles down Redwine at the Corner of Highway 74

2000m Course:

Orange

From the start, head towards the lake (orange line) continue around the lake and back to the starting line (2000m loop)

Note: 1 full loop is 2000m, 1 smaller loop around the lake is 1000m



3000m Course:

Yellow- Red

From the start, head towards the lake (yellow line), then a full lap around lake (yellow line), continue on loop around the lake & back to start (red line),

Note: 1 full loop is 2000m, 1 smaller loop around the lake is 1000m



4000m Course:

Orange & Blue

From the start, head towards the lake (orange line) continue around the lake and back to the starting line (2000m loop)
Then repeat a 2nd loop of 2000m



5000m Course:

Yellow- Red- Blue

From the start, head towards the lake (yellow line), then a full lap around lake (yellow line), continue on loop around the lake & back to start (red line), then 2nd full 2000m loop back to finish (Blue line)

Note: 1 full loop is 2000m, 1 smaller loop around the lake is 1000m

